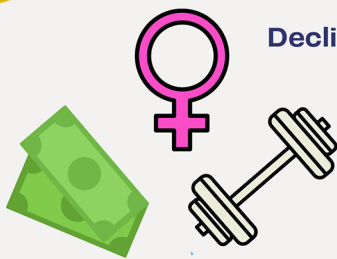


# Mental Health Changes

A survey looking at psychiatric symptoms, new or worsening, during COVID-19 among Canadians with and without pre-existing mental health disorders discovered...

Those with pre-existing mental health disorders reported **significant worsening** of **anxiety** and **depression** symptoms throughout the pandemic.



## Declining mental health was related to...

female sex, younger age, lower income, poor coping skills, having multiple psychiatric disorders, previous trauma, deteriorating physical health, poor family relationships, and reduced exercise.



## Suicidal Ideation

**17.9%** of those with pre-existing conditions had an increase in **suicidal ideation severity**, which was about **14% higher** than those without pre-existing disorders.

## Health Care

Reduction in mental healthcare was associated with increased suicidal ideations.



Approximately **30%** of participants reported an increase in alcohol consumption.

## Anxiety and Depression

Respondents with less severe initial anxiety and depression had a more pronounced worsening of these symptoms during COVID-19.



## Takeaway

Most people were affected by the COVID-19 pandemic, but those with pre-existing conditions were found to be especially at risk. This finding highlights the need for more mental health resources.



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**Emerging New Psychiatric Symptoms and the Worsening of Pre-existing Mental Disorders during the COVID-19 Pandemic**

## Reference

Robillard, R. et al. (2021). Emerging New Psychiatric Symptoms and the Worsening of Pre-existing Mental Disorders during the COVID-19 Pandemic: A Canadian Multisite Study: Nouveaux symptômes psychiatriques émergents et détérioration des troubles mentaux préexistants durant la pandémie de la COVID-19: une étude canadienne multisite. Canadian journal of psychiatry. Revue canadienne de psychiatrie, 66(9), 815–826. <https://doi.org/10.1177/0706743720986786>